

## Group Fitness Schedule: March 8, 2015 - May 17, 2015

Freestone Recreation Center 1141 E. Guadalupe Rd Gilbert, AZ 85234 (480) 503-6202

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM CLASSES	AM CLASSES	AM CLASSES	AM CLASSES	AM CLASSES	AM CLASSES	AM CLASSES
8:15-9:15am <b>ZUMBA</b> Michelle (50) Gymnasium	8-8:30am <b>BUTT &amp; GUT</b> Michelle (30)	8-8:45am <b>TABATA</b> Michelle (30) Aerobics Room B	6-6:50am <b>YOGA - ALL LEVEL</b> Dawna (30)	8:30-9:30am <b>GENTLE YOGA</b> Dawna (30) Assembly Room	7:15-8:10am <b>MUSCLE CONDITIONING</b> Amy (30)	10:15-11:15am <b>ZUMBA</b> Amy (50)
8:30-9:30am <b>PILATES</b> Lynda (30)	8:30-9:35am <b>ZUMBA</b> Michelle (50)	8:30-9:30am <b>PILATES</b> Lynda (30)	8:30-9:30am <b>TONING RHYTHMS</b> Susan (30) ★	8:30-9:30am <b>PILATES</b> Marie (30)	8:20-9:20am <b>ZUMBA</b> Amy (50)	11:25-11:55am <b>TONE &amp; STRETCH</b> Amy (30) ★
9:45-10:35am <b>MUSCLE CONDITIONING</b> Liza (30)	9:45-10:45am <b>PILATES</b> Marie (30)	9:40-10:40am <b>ZUMBA GOLD</b> Michelle (50)	9:45-10:45a <b>TONE &amp; STRETCH</b> Michelle (30)	9:30-10:30am <b>POWER CYCLE</b> Liza (12)	9:30-10:05am <b>INSANITY</b> Amy (30)	
11am-12pm <b>PRIME TIME FITNESS</b> Jenny (40)	➡ 10-10:45am <b>SILVER SNEAKERS</b> Jenny (10) Cycle Room	10-50-11:50am <b>YOGA - ALL LEVEL</b> Deanna (30)	➡ 10-10:45am <b>SILVER SNEAKERS</b> Jenny (10) Cycle Room	9:45-10:45am <b>MUSCLE CONDITIONING</b> Susan (30) ★	10:10-10:40am <b>BUTT &amp; GUT</b> Amy (30)	
12:30-1:30pm <b>GENTLE YOGA</b> Deanna (30)	11am-12pm <b>PRIME TIME FITNESS</b> Jenny (40)		11am-12pm <b>PRIME TIME FITNESS</b> Jenny (40)	10-11am <b>YOGA - ALL LEVEL</b> Rachel (30) Assembly Room	11am-12pm <b>YOGA - ALL LEVEL</b> Rachel (30) Assembly Room	
				12-1pm <b>ZUMBA GOLD</b> Michelle (50)		

PM CLASSES	PM CLASSES	PM CLASSES	PM CLASSES	PM CLASSES	GENERAL CLASS INFORMATION
4-4:45pm <b>PUMPED</b> Barb (30)	4-4:45pm <b>ON THE BALL</b> Susan (30) ★	4-5pm <b>POWER ABS &amp; ARMS</b> Susan (30) ★	4-4:50pm <b>ZUMBA</b> Amy (50) ★	4-4:50pm <b>BALLET TONING</b> Michelle (30)	Fitness classes are designed for participants 15 years and older. Children 11 years and under are not permitted in fitness classes. Children ages 12-14 years wishing to attend the fitness class must be accompanied by a participating adult. Kiddy Korner is available for children 18mos - 7yrs while parent is on site. Valid daily pass or membership is required for use of this service.  <b>KIDDY KORNER HOURS:</b> <b>M-F: 8am-12pm/ 4pm-8:15pm</b> <b>Saturday: 8am - 2pm</b>  <b>Legend:</b> ★ NEW class   ➡ Time change (#) Class Maximums
5-5:30pm <b>BUTT &amp; GUT</b> Barb (30)	5-6pm <b>TABATA KICKBOXING</b> Michelle (30)	5:10-6:05pm <b>TONE &amp; STRETCH</b> Susan (30)	5-5:50pm <b>PIYO</b> Amy (30)		
5:40-6:25pm <b>INTERVAL TRAINING</b> Susan (30)	6:10 - 7:10pm <b>CIRCUIT TRAINING</b> Susan (30)	6:15-7:15pm <b>ZUMBA</b> Carole (40)	6-6:50pm <b>HIP HOP CARDIO &amp; TONING</b> Michelle (30)		
6:35-7:35pm <b>ZUMBA</b> Michelle (50)	7:15-8:15pm <b>PILATES</b> Marie (30)	7:20-7:50pm <b>ZUMBA TONING</b> Carole (40)	6-6:50pm <b>POWER CYCLE</b> Amy (12) ★		
7:15-8:15pm <b>YOGA - ALL LEVEL</b> Rachel (30) Assembly Room		7:15-8:15pm <b>YOGA - ALL LEVEL</b> Rachel (30) Assembly Room	7-8pm <b>ON THE BALL</b> Michelle (30)		

All fitness classes are held in the Aerobics Room A unless otherwise noted. Cycling classes are held in the cycling room in the rear of the building. Class sizes are limited and passes for the class can be picked up no earlier than 1hr prior to the start of class from the front desk. The instructor will collect all passes at the start of class. Closed toed shoes are required with the exceptions of yoga or pilates classes. Please let instructor know of any physical limitations or injuries prior to the start of class.

## CLASS DESCRIPTIONS

**Ballet Toning:** A combination of barre, ballet movements and floor exercises to create long, lean muscles and strengthen core using fluid movements. Light weights, resistance bands and small exercise balls maybe included to maximize toning and calorie burn.

**Butt & Gut:** This 30 min. class focuses on core strengthening & toning your glutes while incorporating leg and lower back exercises to maintain muscle balance.

**Circuit Training:** Circuit training comprises 6-12 strength, balance or endurance exercises that are completed one after another with a brief rest in between. Each exercise is performed for a specific number of repetitions or set time, once all exercises are completed that is considered 1 set, with 2-3 sets per class.

**Hip Hop Cardio & Toning:** This high energy class will incorporate cardio and toning segments to current and old school hip hop plus top 40 hits. Get ready to sweat, work hard, have fun and bust a move to your favorite tunes.

**Insanity:** A high-intensity cardio based total body conditioning program is based on the principals of MAX interval training.

**Interval Training:** High intensity cardio workout done by mixing spurts of aerobic cardio work with short periods of rest. Workouts can be modified to any level. Perfect for a beginner or an elite athlete.

**Muscle Conditioning:** A weighted workout set to the rhythm of music, this class will help you get a cardio workout along with strength and endurance through the use of dumbbells, bands, and a flex ball.

**On the Ball:** Strengthen and tone your core and key muscle groups in a fun, dynamic class using stability balls. You are guaranteed to have a ball and get a good workout in this class! This class will use balance balls of all three sizes.

**Pilates:** This method of body conditioning is a unique blend of stretching and strengthening that will tone muscle, improve posture, provide flexibility and balance, unit the mind and body, and create a more streamlined shape. *Bringing your own yoga/pilates mat is recommended for this class.*

**PiYo Live:** PiYo™ is a unique class designed to build strength & gain flexibility. The moves fit perfectly together to form a class filled with intense choreography that's fun, challenging and will make you sweat. It's about energy, power, and rhythm. Think sculpted abdominals, increased overall core strength, and greater stability.

**Power Cycle:** This unique hybrid cycle class incorporates additional interval and strength training into a traditional cycle format, allowing participants to build both cardio and strength.

**PrimeTime Fitness:** This class is designed for men and women 55+ years old or those looking to expand their strength and flexibility at a more advanced level than the Silver Sneaker program. *(formerly named "Senior Fitness")*

**Pumped:** An upbeat weightlifting class using body bars and dumb bells to the beat of energetic choreographed music.

**Silver Sneakers:** This class is designed for men and women 55+ years old or those looking for a gradual return to peak fitness levels. Consisting of a variety of exercises to improve balance, strength, and cardiovascular health which incorporates stretching, aerobics, and relaxation. Chair based exercises suitable for members that cannot stand or have some limitations in standing. A good starting point for members recovering from an operation or illness.

**Tabata:** Tabata is an intense fitness class that works the entire body. Tabata training lasts four minutes following a pattern of 20 seconds of work; 10 seconds of rest that is repeated 4 times throughout the class.

**Tabata Kickbox:** An intense fitness class that combines the punches and jabs of kickboxing with intervals of tabata.

**Tone & Stretch:** This class blends lightweight toning and deep stretching through a series of flowing movements using a variety of equipment to create a longer, leaner look.

**Toning Rhythms:** Take your toning conditioning to a whole new level! Choreographed to fun, upbeat, music each song will target a specific muscle group using light weights, resistance bands and small exercise balls to maximize toning and calorie burn. Mat work will also be included.

**Yoga-All Level:** This class will offer flowing sequences, relaxation, and meditation. Instructor provided adaptations make this class great for beginners, intermediates, and advanced yogis looking for a challenge. *Bringing your own yoga/pilates mat is recommended for this class.*

**Zumba:** This fusion of Latin and international music will create a dynamic fitness environment that combines movements in an interval training approach through dance.

**Zumba Gold:** This adaptation of a Zumba class brings the thrill of the dance party to a modified, low-impact environment for active adults who want to move at their own speed.

**Zumba-Toning:** This innovative muscle training program uses light weight toning sticks to give you a great workout with the fun of a Zumba dance party.